

Lowering High BP Diet
Foods to lower blood pressure

| High Blood Pressure Diet | Natural High Blood Pressure Foods | |
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| <p>(High K, Ca) Apples Avocados Bananas (K) Broccoli Fish Grapes Oats Orange Juice (K) WATER 81 mg aspirin (thinner) Lecithin-Psyllium drink</p> | <p>Amino Aids CO-Q10 L-carnitine L-arginine L-lysine</p> <p>Foods Flax seed oil Fish oil Lecithin</p> <p>Herbs Garlic</p> <p>Minerals Calcium Magnesium Zinc</p> <p>Vitamins B-complex Vitamin E Vitamin C Folic Acid Niacin</p> | <p>Amino Aids 2 x 120 mg 1 g 4 g 2 g</p> <p>Foods 1 tbl. 4 g 2 g</p> <p>Herbs 5 g</p> <p>Minerals 666 mg 266 mg 120 mg</p> <p>Vitamins 200% MDR 400 mg 1 g 120 mg 10 mcg</p> |

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